



TO: Parks and Recreation Board Members
CC: Henry Hill, Deputy City Manager
Rick Wieland, Parks and Recreation Director
Marcy Jones, Recreational Services Manager
FROM: Tracy Spino, Senior Adult Recreational Programmer
DATE: February 4, 2010
SUBJECT: Monthly Report on the Registration, Participation and Revenue of Recreation Programs within the Senior Center

The New Year brought many of our friendly faces back to the Center and its activities. Seniors were eager to get involved in the activities and classes. Over 2,645 senior participated in the 203 various activities offered. Activities included two movie days, Bingo, Birthday Potluck, Carey Coleman speaking on "A New Year, New You," plus various wellness screenings. Patron also enjoyed taking part in some new classes such as Drawing with Lou Ann, Basics of Bridge, Genealogy, and AARP's Driving Safety Course. To show our appreciation and interest in the community patrons dedicated their time and helped to raise funds for the Arts of Collin County by participating in a Senior Rock-A-Thon. For every \$5 pledged by family and friends, seniors rocked in rocking chairs for an hour. Our patrons raised over \$700 for the Arts of Collin County with the encouragement of the Senior Silver Hair Legislature Representative, Lyn Chambers. Once again proving the senior population is indeed an asset and contributor to our City and its surrounding communities.

New Year's resolutions proved to be popular at the Senior Center as well. We have had a full house inside the fitness room; classes began to fill up again and we had several people take advantage of the Senior Fitness Pass. This will give seniors a fair rate to pay to take a select group of fitness classes at the Senior Center. The Restructure Your Structure class filled up and we now offer our popular Strength, Core, Balance Class 5 days a week. We had 3 seniors take advantage of Personal Training and take a personal interest in their health and wellness. Another trip to Cowboys Stadium was full and a group of patrons found the Sixth Floor museum very interesting as they talked about where they were when JFK was shot.